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The ROTUNDA

Living the dream since 1920



Rockin' the Block

Community gathered for
evening of entertainment

SEPT. 18, 2017
VOL 96. ISSUE 4

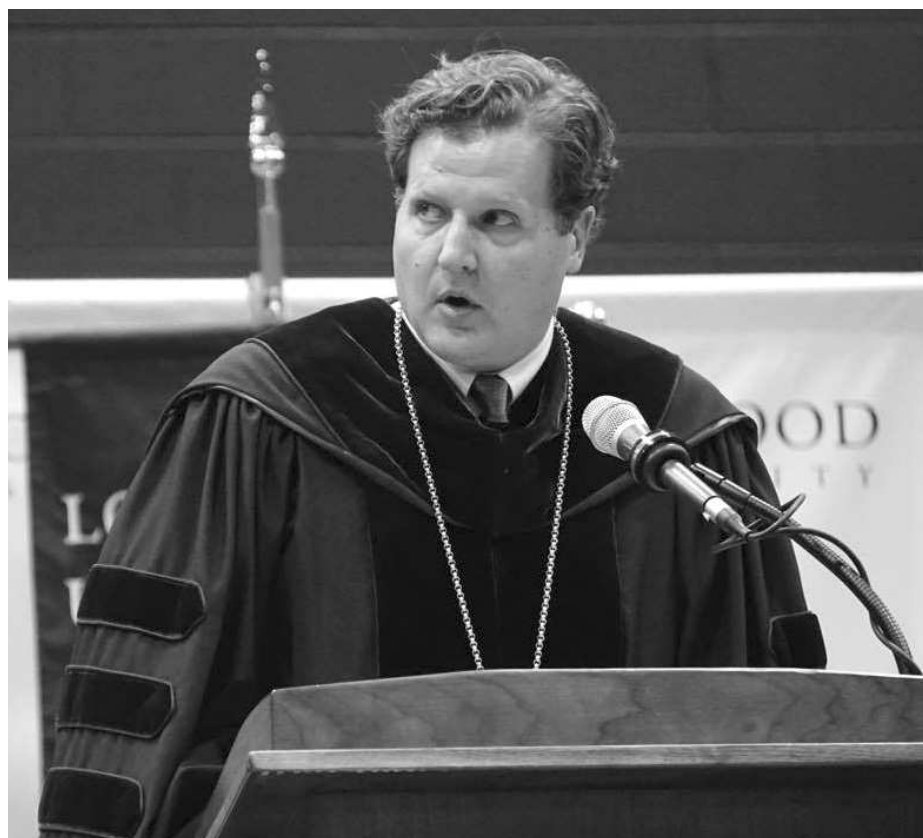


Convocation 2017



Plans for Civil Rights monument announced

Longwood president said it will be "simple but powerful"



CARRIE BAILEY | THE ROTUNDA

During his remarks at convocation on Thursday evening, Longwood University President W. Taylor Reveley IV announced his idea to create a "simple but powerful" monument for the community's role in the Civil War and Civil Rights Movement.

by Halle Parker
Editor-in-Chief
@_thehalparker

During his remarks at convocation on Thursday evening, Longwood University President W. Taylor Reveley IV announced his idea to create a monument for the community's role in the Civil War and Civil Rights Movement.

"I've asked the architects who have been doing such remarkable work for Longwood to explore creating a simple but powerful monument in the university's Centennial Park," said Reveley.

Longwood University's Centennial Park is located across from Ruffner Hall at the intersection of High and Randolph streets.

The park is also across from the Confederate statue that was erected in 1900 to commemorate, "Our Confederate Heroes."

Reveley said the architects leading the campus' current construction projects were also tasked with the monument.

"(The monument will) note the profound importance of the history of our community of Farmville and Prince Edward, and to honor those who through the centuries from this crossroads of history have made genuine and lasting contributions to the unfolding story of American freedom, and who should inspire us in our own work for a more perfect union," he said.

A timeline for the monument's creation wasn't provided during Reveley's remarks.

The announcement came amid ongoing national conversations surrounding Confederate monuments, including public discussion regarding Richmond's historic Monument Avenue.

The Town of Farmville has yet to release a statement regarding the status of its own 26-foot-tall Confederate statue.

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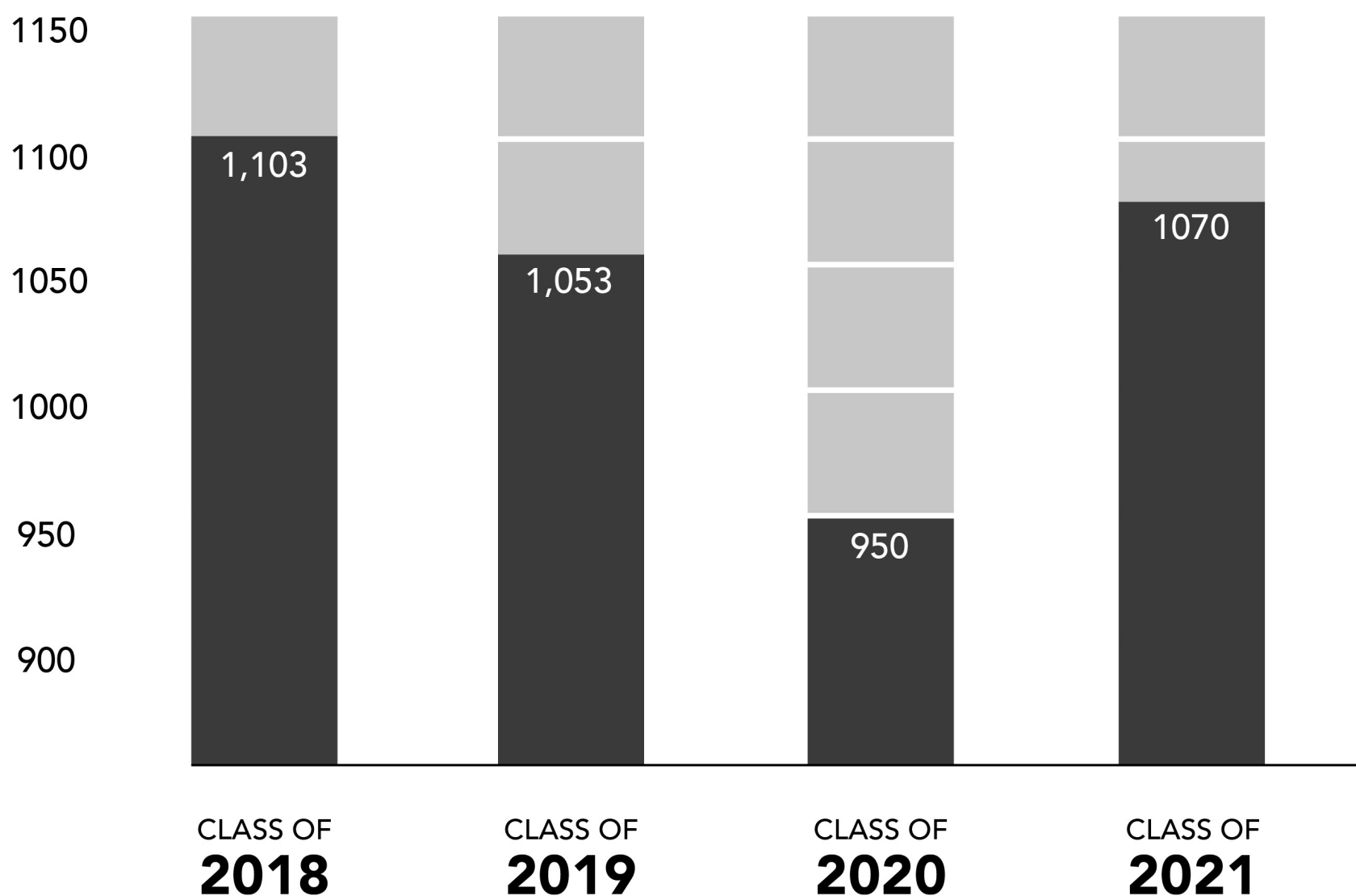
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CONTACT INFORMATION
therotundaonline@gmail.com
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Class of 2021 vs. Class of 2020

Fourth largest class in Longwood history



by Christine Rindfleisch
News Editor
@longwoodrotunda

GRAPHIC BY LAURA GOTTSCHALK

After falling short during last year's admissions cycle, Longwood brought in roughly 120 students more, exceeding 1,000 incoming freshman for the 2017-18 year.

"Officially to best estimate we were at about 950 (students) this time last year, unofficially this year we are closer to about 1,070 (students)," said Dean of Admissions Jason Faulk.

The class of 2021 is the university's fourth largest freshmen group, the largest was in fall 2013 with 1,110 students, according to Faulk.

Faulk said Longwood received most of their payments for the upcoming year prior to May 1.

"On or a little bit after May 1, we (Admissions) realized, 'Oh, we are up in numbers,'" said Faulk.

Students were required to put a down payment to secure their position at the university they choose by May 1, National Deposit Day.

Faulk attributed the increase to recruiting in places where past recruitment wasn't done.

Additionally, Faulk gives credit for this increase

to Melissa Shepherd, previous managing director of admissions prior to Faulk's arrival to Longwood in July 2017 and now serves as assistant vice president of university analytics.

Faulk added Shepherd developed new relationships with counselors in new areas apart from the usual Longwood student locations.

"We are expanding our reach to out of state and I think that really helped to diversify that standard Longwood student to gaps of students we have just never seen before," said Faulk.

Faulk mentioned Longwood has strong enrollment from Richmond, Va., the tidewater area and northern Virginia.

Now, the admissions department has started recruiting in more out of state areas.

"We are going to areas such as Ohio, we are doing more travel to Washington, D.C., also the same thing for Maryland. We are doing extensive travel to Boston (Ma.) and Delaware and Pennsylvania as well. We have always done New York but we are doing very focused areas," said Faulk.

Admissions also has seen what they refer to as the 'summer melt' from students in years past who do not end up enrolling after paying before May 1.

"The summer you kind of access everything from the prior year-what worked, what didn't work and some of the things that we saw that didn't really have the return that we were hoping to do we won't do those again because we want to do the best bang for the overall buck," said Faulk.

With future enrollment, Faulk sees the rise continuing.

"I think we are going to become a more diverse student body not just because when you think of diverse people think race, think past race where students are coming from," said Faulk. "Students are coming from different socioeconomic statuses, religion, where people have been and where they want to go and really just that diversify who we are as Longwood Lancers."



With new staff, library starts new projects

Student gallery, new outlets, fresh paint and research opportunities to grow

by Jesse Plichta-Kellar
News Staff
@JesseKellar

With the start of the new school year, the Greenwood Library underwent some upgrades including new staff, painting the atrium and installing additional outlets into the floors.

Last spring, the library hired new staff, according to Brent Roberts, the library's dean. "We are actually not hiring right now," Roberts explained.

According to Roberts, 22 new student workers were hired for a total of 38 student workers currently employed. New hires came in response to graduations and additional hours.

"Every year we have seniors that are graduating," Roberts explained. "And so between the seniors who are graduating and also to bulk up for those extra 9 p.m. to 2 a.m. shifts, we hired additional students."

According to Roberts, the hirings were timed to leave room for training and when the library has new openings they will be posted on Handshake, Longwood's job board.

"If you watch Handshake, that's where current job openings are posted," said Roberts.

Additionally, the library has had parts of it repainted.

"We got a new paint job out in the atrium," Roberts explained. "We changed up the color array, we injected some Longwood blue, to get the Lancer pride going."

During the painting, the Honor Creed at the entrance to the library was covered, according to Roberts.

"The Honor Creed will be returning," Roberts noted. "We had to paint that area and we're getting new letters made so we can hang it right where it was."

New electrical outlets have also been installed on the group study side of the library, according to Roberts.

"Before, there were no electrical outlets, we put outlets into the floor," he explained. "We've got 12 tables that plug in directly to the floor, and each of those tables has eight outlets, that

are at the top of the table. There was nothing, now (there are) 96 outlets."

Roberts explained the decision was made partially as a result of student feedback.

"Well, they told me we had the capacity for that, and it was something students had asked for," said Roberts.

New art is also being installed in the northwest corner of the quiet study area, according to Roberts.

"In the spring, we gave out the inaugural Greenwood Library student art awards at the LCVA (Longwood Center for Visual Arts) student art Bozart's Bash in April," Roberts noted. "Six students, three juniors and three seniors received an award. Their art is going to be on display here in the library for a year."

The art is currently under installation.

"LVCA is, as we speak, installing that art in the library, up in the quiet study section," Roberts noted. "We are tentatively planning a gallery opening on Oct. 27."

Greek life is more than the movies

A Q&A about Greek life, with Greek life

by Julia Bogdan
Features Staff
@ayyejuliaaa

Greek life often carries a negative social connotation. Below, members of Longwood's Greek community shared their unique experiences within their own on-campus sororities and fraternities to break these preconceived stereotypes:

1. Why did you choose to go Greek?

Emma Lantagne, senior, Alpha Sigma Tau

"I went to an all-female private school for four years, so when I came Longwood I was like, 'Nope, I don't need a sisterhood. I had one, been there, done that,' but after my freshmen year I realized that I missed having a sisterhood and having a group of people I could always go to. I decided to rush blind, and it was definitely worth it."

Cami Pelletier, junior, Alpha Gamma Delta

"I chose to go Greek because I wanted to make more friends and I wanted to be involved on campus."

Andrew Slifka, sophomore, Theta Chi

"Choosing to go Greek for me was a last minute decision. I almost didn't do it because of the stereotypes surrounding it, but I got to know the meaning, purpose and what they're really about."

Cameron Reuss, sophomore, Pi Kappa Phi

"They were like the brothers I always wanted and never got to have. They all love me, and I love all of them. I didn't think I even wanted to go Greek until I met the brothers of Pi Kappa Phi."

2. How has being Greek changed your life?

Lantagne: "It's made me more independent. Being around such strong women constantly has really put it into perspective how strong I can be and how I can better my life for myself. I also love the fact that no matter what happens in my life, I have a huge group of people that I can go to."

Pelletier: "It's changed my life because I realized I wanted to be more active and involved in my community. Ever since I joined I've done a lot of volunteering and helping with philanthropy."

Slifka: "I've only been Greek for one semester, but it's given me brothers that I didn't have before. I know there's a big thing on 'Oh, you're buying your friends,' but it isn't like that for me because I know that, either way, if I would have joined or not, they still would have been my friends."

Reuss: "Now that I've gone Greek, I have an entire chapter that will back me up, that I can confide in, and that make me feel like their family."



COURTESY OF LONGWOOD UNIVERSITY

Sororities celebrate their new members during their walk each year.

3. What would you recommend to someone who is contemplating going Greek?

Lantagne: "Sign up for mock recruitment on September 23rd. It's a great way to quickly understand what recruitment will be like. You can find connections, so if you think you found your home, then you can talk to sisters and instantly learn more, and getting your name out there."

Pelletier: "I would highly recommend them to give it a try. Greek life obviously isn't for everybody, but I do think everybody should give it a chance. It's not a superficial thing like most people think, it's a great way to do something greater than yourself."

Reuss: "Find a place that you belong. A place where you feel like you fit in. Make sure you meet all the brothers or sisters of the chapter and make sure you could have their backs no matter what."

4. What does being Greek mean to you?

Pelletier: "To me, being Greek is not about the parties, it is about helping out and actually doing something good."

Slifka: "Being Greek to me means you're a part of something. You have a sense of belonging."

Reuss: "Being Greek here at Longwood means everything to me. No matter what, going Greek is one decision I'll never regret."

I've known of the stereotypes for fraternities and the brothers since I saw "Animal House" as a kid. Now that I am a part of a fraternity, I know that these stereotypes are not true at all. I want to be one of the ones who helps to get rid of the stereotypes since I'm someone who used to perpetuate them."

5. What do these Greek members want you to know?

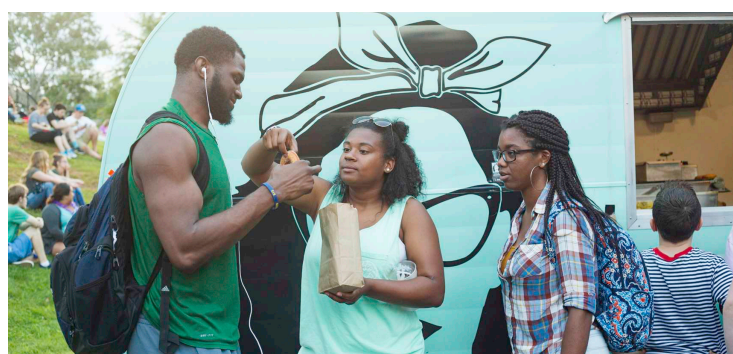
Lantagne: "It's a really big commitment. A lot of people tend to think that Greek life is like the movies and that people don't really do anything but party. It's a lot of work, and you must sacrifice your time for it. You have to be mindful of how much work you will have to put into it, it's not just a hangout. You actually do a lot in the community, and a lot of people don't know that."

Pelletier: "Sororities and fraternities are not just about parties. There are plenty of academic fraternities on campus, and at the end of the day, we believe in education and helping out the community. That is way more important than any party."

Slifka: "I just want people to know that it's never a bad idea to go at least see what it's about. It's important in college that you get involved. It's not for everybody, but people should give it a shot."

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Kicking off Family Weekend with Rock the Block



Longwood's annual Rock the Block occurred on Friday. Vendors and students gathered to enjoy food, music and giveaways.

HALLE PARKER | THE ROTUNDA

by Rae Mundie
Features Staff
@rjmundie

Longwood's annual Rock the Block occurred on Friday, Sept. 15, kicking off Family Weekend in the Longwood Landings. Participants said it was a time for the university and the community to socialize and promote business while showing off achievements by the public.

"It isn't just college students, that it's also locals and parents, it really brings everyone together," said pre-law sophomore Emily Fuller. "I don't think Rock the Block would be the same without everyone's families."

Businesses from all over town had their booths up and sold or gave out small items from their stores. River's Edge Boutique sold clothing, tapestries and jewelry.

"For personal business, at the River's Edge Boutique it's absolutely wonderful to feel connected, like one big family," said store employee Rachel Armstrong.

Physical health education junior Dylan

Ramirez added, "I like the free stuff that local businesses give out, that's why I'm here."

In the street between the Southwestern Moe's and Subway building, there were booths for business but also a photo booth with props. Behind the Southwestern Moe's buildings there were inflatable rides and other carnival activities.

"I haven't seen it yet, but I love the mechanical bull rides, last year they had a shark and I liked it," said senior Madalyn Dunn, graphic design major.

Longwood Police Sergeant Stuart Raybold said the most difficult aspect of the event was attempting to advertise the disturbance in traffic patterns.

Even so, he said it was good to have an event like this each semester. "This is one of the few events where they can mingle and get to know each other," said Raybold.

Even though it happens during Family

Weekend, Rock the Block isn't just for students with family visiting.

"I think it's cool that everyone from school and the community come together for it," said communication studies and disorders junior Sarah Wright. "I love Rock the Block, even though my parents don't come anymore."

There was also food and beverage offered at this event, but it was a little different than in past years. In previous years, there would be a BBQ or buffet style of food to choose from put on by the Dorrill Dining Hall. This year there would food trucks.

Going behind the Subway building and there was a row of food trucks. Between the building for Chick Fil A and the building for the Longwood Bookstore, there was a beer garden.

Business senior Charles Opoku-Amoako said, "The live band and the waiting around for the fireworks would have to be two of my favorite things."

Sexual assault policies under nationwide review



Longwood's Title IX Coordinator believed DeVos' decision came from a misunderstanding

by Steven Herring | News Staff | @StevenH2991

GRAPHIC BY LAURA GOTTSCHALK

Among college students,
23.1%
 of females
 & **5.4%**
 of males

experience rape or sexual assault through physical force, violence or incapacitation.

Sexual assault:

noun / sex·u·al as·sault

Non-consensual sexual contact and non-consensual sexual intercourse.

...
All such acts of sexual assault are forms of sexual violence and therefore, sexual misconduct under this policy.

In a speech at George Mason University, Secretary of Education Betsy DeVos announced her decision to rescind the Obama-era Title IX guidelines that protect victims of sexual assault. Calling it a “failed system,” DeVos described the current guidelines as a disservice to everyone involved.

During the speech, DeVos said survivors are retraumatized by appeals, and painted the accused as having no rights and due process. She said that cases with school administrators are being handled as “kangaroo courts,” with schools using the lowest standard of proof.

Lindsey Moran, Longwood Title IX coordinator and university clery, believes that DeVos may be confused as to what Title IX actually does.

“I think she is fundamentally misunderstanding Title IX,” said Moran.

Title IX prevents schools who are receiving federal money to discriminate based upon sex. It also covers sexual harassment, including sexual misconduct.



Department of Education Secretary Betsy DeVos is pictured above.

COURTESY OF YURI GRIPAS | REUTERS

Moran stated instead of looking at the Title IX law itself, DeVos is looking at cases where institutions have not followed Title IX. Moran also said DeVos conflated the Title IX administrative process with criminal process. “We are not a criminal court,” Moran said. “We do not send people to jail through Title IX.”

In her speech, DeVos described the current Obama-era policies as unfair to both survivors and victims. Moran, though, disagrees, stating they give room for institutions to implement the policy they feel is best for their institution.

According to DeVos, a notice-and-comment process will be launched in order to gain insight from all parties. She says that institutional knowledge, professional expertise and the experiences of students will be combined, along with public feedback, to develop a “workable, effective and fair system.”

Moran stated that this process is a great idea for varying viewpoints to state why they either

like or don’t like Title IX as well as to give a voice to those who don’t have one. However, she doesn’t know how effective it will be.

“There isn’t a clear consensus across the board on how Title IX should or shouldn’t proceed,” said Moran.

She also believes that there isn’t any major change that “would completely gut Title IX.”

While no information has been brought forward about what changes are coming to Title IX guidelines, Moran fears that DeVos’ comments on the issue may have a negative effect themselves.

“I don’t want her comments and proposed legislation to further chill reporting,” Moran added. “The most important thing here is student safety.”

Moran also stated that, while she doesn’t know what is going to happen with Title IX, Longwood’s policies are firm.

“We are confident in our policies as it is and I don’t see that changing anytime in the near future,” Moran said.



LU Fashion: Austin's design twist

by Miriam Loya
A&E Editor
@miriamsloya



MIRIAM LOYA | THE ROTUNDA

Senior Austin Berry combines professionalism with new age urban fashion, showing a debonair yet, business casual look in a fitted blazer and muted, cool-toned colors.

The Look: Slim-fit, single-breasted blazer in grey with black trim and elbow patches (H&M), navy blue slim-fit long-sleeve button down with white geometric floral pattern (Target), extreme flex, dark wash skinny jeans (American Eagle Outfitters), "I am going to get shit done" graphic crew socks set in blue (Mongrel - Carrytown, Va.), dark brown blade wingtip oxford shoes with perforated brogue details (DSW Designer Shoe Warehouse), Apple Watch with silver stainless steel milanese loop (Apple Store), black clubmaster sunglasses with silver trim (Target)

The Model(s): Austin Berry is a senior graphic design major from Richmond, Va. He is currently the senior art director for Longwood's Design Lab- a student run design agency that caters to a variety of clients at Longwood and in Farmville.

Berry works for Epiphany Studio, located in downtown Richmond and does a variety of freelance work with logos, brochures, and other

designs for select clients.

He is also father to a 2-year-old American staffordshire bull terrier, Luna Berry.

Luna is sporting a white marble-patterned collar and a caramel-colored leash with a leather brown trim. She is new to Longwood and Farmville, Va. but loves long walks on campus and scratches on her back, feel free to say hello if seen on campus.

The Inspiration: Berry's style of fashion stems from a professional aspect with a suave, debonair edge incorporated into an everyday business casual look. Using slim-fitting clothes, he accentuates his tall and slender physique giving him a confident, refined and clean cut appearance.

With a city background, urban fall/winter looks are Berry's go-to's along with neutral tones and cool, muted colors.

"I think a lot about just being in the city and because I work professionally, I have to dress nice everyday and I really enjoy that. So just being in the city and kind of having that cool

urban look is always what I go after- 'cause I'm such a city kid at heart."

Berry most frequently shops at stores such as Target and H&M and follows a variety of men's fashion Instagram accounts such as Adam Gallagher (@iamgalla) and is often inspired by Matt Bomer's looks in the USA Network series, "White Collar." He also pulls ideas for different outfits on mannequins at pricier stores such as Nordstrom, and recreates them by combining alike pieces from lower priced stores.

Given his line of work as a designer, Berry feels looking good is not an option, but a requirement.

"I'm (usually) in an office setting where I have to dress business casual every day, but I'm also surrounded by these super creative people and all these really interesting projects so I'm inspired to look nice. I feel like I can't be a designer and advocate for things to look nice if I don't look nice... I also like the facade of having my shit together, I like the appearance of being an adult"



The Wesley Foundation serving others

The local Wesley Foundation spent Tuesday packing over 17,000 meals for Haitians.

COURTESY OF THE WESLEY FOUNDATION

by David Pettyjohn
Features Staff
@PtjDav

One of the most impoverished countries in the world, three-fourths of Haiti's population lives on a budget of the equivalent of \$2 or less per day, according to the CIA World Factbook.

Plagued with starvation, Rise Against Hunger, a Raleigh-based nonprofit, attempts to help by putting together bags of food for impoverished people like the Haitians.

In Farmville, Pastor Rich Meiser's Wesley Foundation pitched in with their volunteers this past Tuesday, during which they packaged over 17,000 meals.

The Wesley Foundation is a student ministry funded by the Farmville United Methodist Church along High Street.

At six servings per bag, that is about 2,833 bags of food. Each of these bags contained a protein supplement, a dried vegetable mixture and rice.

Meiser heads the Wesley Foundation and served as a campus minister to students of Longwood University and Hampden-Sydney College for 15 years.

Formerly known as "Stop Hunger Now" - the change was made in the spring to comply with international copyright law- Rise Against Hunger has been working with the Wesley Foundation for about eight to nine years.

"And then since then, we have been doing it in combination with the church next door," Meiser said. "And we've packed meals on campus on several occasions, too."

Meiser's Foundation also participates in what is known as "gleaning." In the books of Leviticus and Deuteronomy, God instructs the farmers to leave the corners of their fields unharvested.

This surplus food is left for the poor to take for themselves. Meiser has adapted this to a more modern context.

In the spring, Meiser's student volunteers went on a mission trip to Florida to collect surplus food for filling food pantries. He is also working on bringing this back to Farmville.

"What we plan to do in the future is building a food pantry for students who are food insecure," Meiser said. "Say if there are students whose meal plans run out before the semester is up and they don't have a lot of resources, they'll be able to come over, say, once every other week and pick up a bag of food."

Meiser plans on having this food pantry available starting in late October.

The Wesley Foundation holds food packaging events for Rise Against Hunger once each semester. Free dinners are served before a worship service each Tuesday at the Wesley Foundation building on High Street.



Brand New's "Science Fiction" (2017)

OFFICIAL ALBUM COVER

by Kyle Stone
Contributor
@longwoodrotunda

It's finally here. Indie alt rock/emo/post-hardcore outfit Brand New released their fifth (and potentially final) album, "Science Fiction." It's been eight years since the release of their last record, "Daisy," and the band teased that a breakup is impending in 2018.

Needless to say, the anticipation for this release was intense, especially given the band's mysterious social media presence.

It seems that with every Brand New record, the band changes their sound drastically. Throughout the nearly 18 years of their existence, they've transformed from pop punk, to emotive rock, to post-hardcore, to experimental aggressive rock.

With "Science Fiction," the band takes another turn, while simultaneously retaining influence from every style and genre they've exercised. They very well may have perfected their art with Science Fiction.

The first track "Lit Me Up" certainly lets the listener know what to expect from the rest of the album: dark, bleak and somber sentiments. The album sounds ethereal and otherworldly, almost like a dream; the title "Science Fiction" is very fitting in this respect.

In fact, "Lit Me Up" opens with an audio recording of a psychiatric therapy patient recounting a bad dream. Right before the song descends into a droning hypnotic bassline, the patient says, "I think I'm going to be relieved when it's over." However, it won't ever end -- a proper metaphor for the lead singer, Jesse

Lacey's, ongoing battle with depression."

The line may also be indicative of Lacey's personal need for the band to end in 2018 and the need for a new chapter to start in his life. "It lit me up, and I burn from the inside out. Yeah, I burn like a witch in a Puritan town."

If there's one thing that Brand New hasn't lost, it's their ability to project imagery perfectly through their music.

As the ending of "Lit Me Up" dissipates, in comes "Can't Get It Out," a jarring shift in tone and atmosphere. The strumming of the acoustic guitar and the vocal whistle at the beginning of this track makes the listener feel as if they're waking up from a dream and snapping back into reality with a catchy, hard-hitting track.

All twelve tracks on the record starkly contrast, though the album miraculously still flows smoothly.

The album can go from a dark, unsettling and introspective track such as "137," which satirically discusses a love of nuclear warfare given its proposed inevitability, to an upbeat track that uses metaphor to equate video games to religious themes, in "Out of Mana."

Then there's the solely acoustic track, "Could Never Be Heaven," which again carries a religious theme. Notably, this song discusses Lacey's contempt for the Mormon belief that spouses aren't married in heaven, as he is married to a Mormon woman.

With songs like this, Brand New proves that they can create emotionally sincere messages

that still manage to intertwine complex thought and internal conflict.

The final track on the album "Batter Up" may very well be the final Brand New track ever released, and it truly delivers as a perfect eulogy. The song opens with a gloomy yet beautiful, subdued guitar line.

Lacey's chants during the chorus of this song encapsulate the primary message of the record: "It's never going to stop. Batter up. Give me your best shot." This acceptance of the struggles of depression creates a hopeful and triumphant message from Lacey.

Over eight minutes long, the track's ending descends into an ambient collection of sounds as the guitar line ends. We then hear the distant sound of thunder and the fall of rain, followed by a voice of a band member echoing the words "that was the one we were waiting for."

It was also the record we, as Brand New fans, were waiting for. But just as the chorus of this track indicates, it's never going to stop. Even if this is their final record, Brand New will live on and continue to inspire the world of emo and indie rock.

Recommended tracks: "In the Water," "Waste" and "Batter Up"



5/5

Live, Love, Longwood: Advice for an over-involved student



MEME COURTESY OF IMGUR

by Karyn Keane
Contributor
@longwoodrotunda

*Dear Karyn,
College, huh? We're four weeks into the semester and the workload is starting to get to me. Not only do I have to worry about school and grades, but also, making time for clubs and volunteering (as well as time to chill in bed eating brownie mix).*

I love each of my involvements and could readily spend all of my time devoted to these activities; however, school is the priority and I need to make sure I don't exhaust myself on these things that don't affect my GPA. At the same time, I would be miserable without my extracurriculars to distract me. How can I balance my time without my performance suffering?

*Help,
Concerned Student*

Dear Concerned Student,

In my experience, a busy life is the best kind of life; however, it doesn't always seem that way when you're trying to write three papers, attend six club meetings that are all held on the same day, make time for regular bubble baths and read one book per month. It's enough to make anyone totally lose their mind.

My first piece of advice is to get organized. Though different methods work for different people, your method needs to involve writing things down in some orderly capacity.

In my case, I like to jot my homework, work/class schedules and other commitments down inside an aesthetically pleasing planner with

six different colors of highlighter (varying based on the category at hand).

Some people prefer to keep a master calendar (whether online or a hard copy) or write on a whiteboard with colorful markers.

My LSEM instructor recently showed our students his own method, which involves a spreadsheet that allows for scheduling in 30-minute increments entitled "My 'Get Serious About Shit' Study Schedule." If you're not sure what works for you, you can try a few different things until you find the one that makes you feel the most badass, highly competent adult.

Secondly, consider your own preferences and capabilities. During what part of the day can you be most productive?

If you become too exhausted to study or meaningfully participate in clubs after 7 p.m., consider waking up earlier to get in an extra hour or two of work. Conversely, if you know you need the extra rest and won't be productive before 10 a.m., then get some sleep so that you can actually accomplish things during the day. If you're like me and you hate both early mornings and late nights, you're not totally screwed.

You just have to be very careful about where your minutes go during the day. For example, if you have 45 minutes between classes, sit in a quiet area and get ahead on your reading. If you've blocked out an hour for the new episode

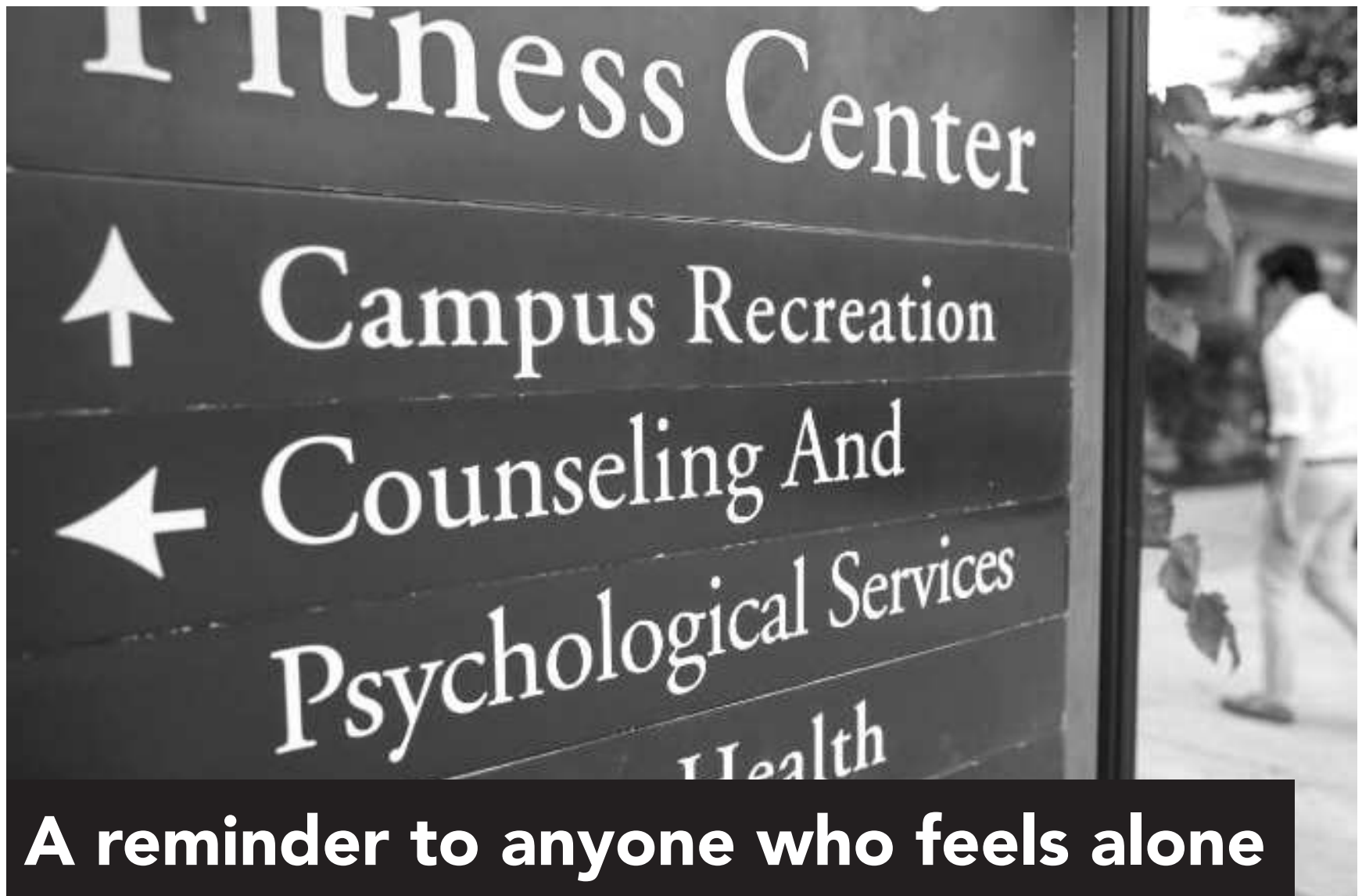
of American Horror Story, consider doing one of your less mentally taxing assignments during the commercial break.

Additionally, learning to say "no" to some things is crucial to time management and a holistically balanced life. You may consider some extracurricular activities essential and that's fine; however, recognize that in turn, you might not have any extra time to add on more. It's okay and actually, better being an active member who makes meaningful contributions in two or three organizations rather than a largely absent member in 10 organizations.

Lastly, I urge you to make time for self-care. Although receiving an education and participating in organizations that interest you are indefinably rewarding, you can't ignore your own basic needs. Take an hour for yourself a few times a week and spend it on whatever you want, whether it's messing around with your friends, watching Mean Girls for the umpteenth time or just taking a nap. Devoting time to relaxing and recharging is key.

Love,
Karyn

Don't forget: send me your issues about life, love and school at karyn.keane@live.longwood.edu!



A reminder to anyone who feels alone

Struggling with mental illness while attending University

by Samantha Rinchetti
Opinions Staff
@samxrinchetti

COURTESY OF LONGWOOD UNIVERSITY

As the semester draws on and on and your email blows up with a new canvas notification every hour, it can be easy to get lost in it all.

This is why I'm writing this: to let anyone who may, by chance, be reading this to know that you should never let anyone make you feel bad or wrong for having a mental illness.

In a study done by Chardon State University, they determined that more than 11 percent of college students have been diagnosed or treated for anxiety in the past year and more than 10 percent reported being diagnosed or treated for depression.

Schools, such as Longwood University, offer counseling services and other resources to help and support students who are battling a mental illness such as anxiety, bipolar disorder, depression, post traumatic stress disorder and obsessive compulsive disorder.

While these resources are helpful and valuable, they cannot fully help someone dealing with these illnesses.

University has standards on things such as your grade point average not falling below a 1.0. While organizations have standards such as meetings and mandatory events and at least a 2.5 grade point average.

Longwood University's attendance policy also

states that you cannot miss 20 percent of the class without failing it.

It's time to start accepting the fact that mental illness is just as debilitating, exhausting and serious as any other disorder or disease that may impact a student's performance in extracurriculars or classes.

Here is the point in writing this: university can be hard, it can be stressful, whether you are involved or not, a freshman or a senior, boy or girl.

College is enough to turn a molehill into a mountain in the mind of someone with a mental disability.

"It kills me. Between taking four classes a day, working part time and being a part of a sorority, my depression and anxiety is enough to debilitate me for days," said a Longwood liberal studies junior, who was granted anonymity due to privacy concerns. "What am I supposed to do? Email my professors and tell them, 'Sorry, I can't make it to class because I can't even find motivation to get out of bed?' It doesn't work like that."

We are a small school that prides itself on its close knit community that comes together during hard times and lifts one another up.

On campus, organizations host events like suicide awareness and sexual assault awareness

walks, just to name a few.

While these events do bring awareness and help, there is more that we, as a campus community, can do to help support one another and members who may be struggling.

We can start by being more accepting within our organizations and clubs.

Longwood University can offer more flexible and on demand services that stretch into the summer and winter months for those students who cannot get those services back home.

We can also change the attendance policy to help better accommodate students who may be struggling to make it to class.

But for now, we start small. I start small. By telling anyone who may be reading this that you are not alone in your fight.

We all stand by you and support you.

If you or someone you know is struggling with any mental disorders or even just need someone to talk to, do not be afraid to reach out.

Longwood University Counseling & Psychological Services

Health & Fitness Center (Upper Level)

(434) 395-2409

Hours of operation:

Monday-friday

8:15 a.m. - 5:00 p.m.

MBB season preview

Lancers prepare for bounce-back season

by Patrick Sanderson
Sports Staff
@psanderson20

Following a season troubled with injuries and a disappointing 6-24 overall record, the new-look Longwood men's basketball team looks to rebound in the 2017-18 season.

The season tips off with a three-game home stand in Farmville, starting on Nov. 11 with a match up against Stephen F. Austin University. Last year, the Lancers nearly pulled off an upset over the Lumberjacks.

The Lancers will then play host to Columbia and Saint Francis before traveling to the UNCG tournament in Greensboro, North Carolina.

Further down the road in non-conference play, they face a tough four-game stretch in Dec., including games against Cornell, Grand Canyon and basketball powerhouses Illinois and Arizona State.

Big South conference play begins on Dec. 30 with a trip to Charleston Southern, who eliminated the Lancers in the first round of the Big South conference tournament in March.

Men's basketball head coach Jayson Gee is no stranger to marquee games such as the ones Longwood will encounter this season. Although Gee focuses on one game at a time, he is looking forward to the high-pressure match-ups on their schedule, saying it's great for the team to play on such a big stage.

"What a great opportunity for your young men to demonstrate who they are and what they're all about against a very high level of competition," said Gee. "These are games that our guys really dream to play in. So we're certainly excited about that challenge."

He continued, "But make no mistake about it, our focus is just on Stephen F. Austin."

Entering his 28th season coaching, and fifth year as Longwood head coach, Gee considered this year's basketball team as one like no other, praising them for their "family-like" attributes.

"I'm excited about the caliber of character on our team and the unity that we have, and the fact that we really just want to play for each other," said Gee. "And I think a lot of teams just want to play with each other and our team is committed to play for each other."

Among the 17-man roster, eight of the players are new, including freshman guard Kamil Chapman, redshirt senior guard Charles Glover, junior forward Spencer Franklin, freshman forward Jordan Cintron and junior forward Boaz Williams. The Lancers rounded out their signing class on Tuesday with the addition of three new forwards: Keoni Wallington, Pernell Adgei and Drew Romich.

Gee said some returning players who couldn't compete last season will see their Lancer debut this season. Redshirt sophomore forward Jahleem Montague and redshirt freshman guard Juan Munoz both suffered ACL injuries, and redshirt senior B.K. Ashe sat out all last season due to NCAA transfer rules.

As a team plagued with injuries all last season,



MATT ALEXANDER | THE ROTUNDA (FILE PHOTO)

Men's basketball head coach, Jayson Gee, released the upcoming 2017-18 team schedule.

the main concern going into the 2017-18 season is making sure the team is at full health before the start of the season. Gee said that players with injuries last season spent a great amount of time in rehab to ensure they were fully recovered.

Of the 14 players on the roster last season, only six were available by the end of the season.

Redshirt junior guard Isaiah Walton played a major role in the Lancers offense last season, finishing with 13.9 points per game, ranking top ten in the Big South with 3.2 assists per game and averaging a steady .473 field goal percentage for the year; all while he played point guard, a position he never played before, said Gee.

Poised for another breakout year, Walton is the head coach's player to watch.

"He really focused on a lot of things that he doesn't do well, and we've done a better job, I believe, in putting him in a better position to be successful. I believe you're going to see another level player," said Gee.

Walton said he believed he has can be a vital piece to the Lancers once again this season, providing a unique play style to Gee's offense.

"I'm going to bring that competitive nature, scoring and play-making," said Walton. "I feel like I can bring a little bit of everything. Just whatever my coach needs me to do that night."

Although preseason polls haven't been released, Walton, entering his second season as a Lancer, said the team is aware of their critics and hopes to prove them wrong.

"As a team, we definitely have a chip on our shoulder. We know that a lot of people have been counting us out," said Walton. "They don't think much of us, and we can all tell. So, we feel like we got a lot to prove."

If the Lancers want to rebound from a 6-24 record, they must make sure everyone is back to full health and ready for the season. Gee said he believed they certainly have the assets to be a serious contender when the final stretch of the season rolls around.

"I think right now we just got to focus on getting better and seeing where we're ultimately going to be at," Gee said. "Come January, I think we're going to be a force to be reckoned with."

WEEKLY ROUNDUP

MEN'S SOCCER

Saturday, Sept. 16

@ Appalachian State L 1-0

Wednesday, Sept. 20

@ William & Mary 6 P.M.

WOMEN'S SOCCER

Thursday, Sept. 14

@ VCU T 1-1

Saturday, Sept. 23

vs. High Point 4 P.M.

FIELD HOCKEY

Saturday, Sept. 16

@ LIU Brooklyn W 4-0

Saturday, Sept. 23

@ Central Michigan 1 P.M.

WOMEN'S CROSS COUNTRY

Saturday, Sept. 16

@ Big South Pre-Conference
5th

MEN'S CROSS COUNTRY

Saturday, Sept. 16

@ Big South Pre-Conference
5th

FOLLOW US AT
@ROTUNDA_SPORTS

Janese Quick leads Lancers heading into conference



COURTESY OF LONGWOOD ATHLETICS

by TJ Wengert
Sports Staff
@tjwengert

While senior captain Janese Quick has become a staple of the Lancer lineup, her arrival to Longwood was a result of chance.

"I'm from Florida, and (coach) Dyer's mom also lives in Florida, and lives about five minutes away from where I went to high school. She was sick, and he went to take care of her," said Quick.

"He wanted to get out of the house, and went on the run. He happened to run by our marquee board that said, 'Women's soccer game tonight at 7 p.m.' He sent an email to our coach, and came to the game."

Quick added that she didn't really think much

about a coach being at the game, until she learned her father, who worked for NCIS, was being transferred to Virginia.

"We dug up the old email from Dyer, came on a visit and fell in love with the atmosphere," she said.

In three and a half seasons now, Quick has racked up six career goals, three assists, and played 3690 minutes.

Quick said, "Overall, it's been really great, and I wouldn't change anything looking back."

This season, Quick has led the Lancers to a 5-3-1 record to wrap up the 2017 non-conference schedule.

Head coach Todd Dyer said Quick's progressed since her time as a freshman.

"She's someone you can count on and never have to worry about. Academically, off-the-field, practice, games, you can count on her because of all the hard work she puts in," said Dyer.

He added, "Starting her sophomore year, she became one of the first players you penciled in and worked around her."

The highlight of Quick's career came on Aug. 31, in a game against the American University Eagles. In a 2-0 win, Quick pulled off an incredible shot that went on to be on SportsCenter's Top 10 Plays.

"It was awesome, it is something I would never expect. Also in years to come, it'll be something I can look back on my career and know that it's something no one can ever take away from me," said Quick.

While Quick has

proven to be a great force on the field, she is also one of the team's two captains.

"Because of her personality, she is very approachable, and very relatable. With such a big freshmen group, you need someone they can go to," said Dyer.

Longwood ended out-of-conference play in a 1-1 tie at VCU, but looking ahead in the season, both Quick and Dyer are optimistic about their chances.

Quick said, "I'm hoping it's the best team we've ever had. I think that there is a different atmosphere and culture on the team this year. So I think the sky's the limit with this team."

Dyer added, "I think we can go all the way. We want to go all the way, and I think we have the talent to do that. So it all comes down to the intangibles, that collective buy-in, our health is a big part of it and how we deal with adversity moving forward."

The women's soccer team will be back in action on Saturday, Sept. 23 as they host the High Point Panthers. The North Carolina team defeated the Lancers in the Big South Conference semifinals a season ago.



COURTESY OF LONGWOOD ATHLETICS

Janese Quick handled pressure as a mid-fielder against Towson University.

CLUB SPORTS

UPCOMING MATCHES

Men's Soccer Scrimmage

Wednesday 9/20

6 p.m. @ Lancer Park

Football game

Saturday 9/23

1 p.m. @ Lancer Park

Men's Volleyball Scrimmage

Monday 9/25

8 p.m. @ Health & Fitness Center

CHECK BACK NEXT WEEK FOR RESULTS